

PIONEER PRESS

A monthly newsletter created by the residents, for the residents of ESH.

10th Edition, September-October 2008

Poetry

Smile Today

By Aurora Rose Sharpe

Make a smile today
Lend a listening ear
Be the first one to care
It's all about you, and your recovery here
Have confidence in yourself because you're
the best here
Make your smile count, create a friend here.

Friendship

By Aurora Rose Sharpe

Thick and thin
Silver and gold
Most are young, some are old
Trust 'em, greet 'em
Love 'em, beat 'em
Quick to answer
Quick to ask
Some for life
Others don't last
Choose your pick
The choice is yours
The good ones stick
You open the doors
Take your time or you'll pay in the end
One or the other
It's your best friend

Monsters in the Hallway

By Aurora Rose Sharpe

Let's dance, let's dance the night away
Let's spend the night together and wash all
our fears away.
Monsters lurking in the hallway running after
you and me
Let's stick together and wash all our fears
away
Running from monster people, thank God
it's not me. Always saying "this is what they
used to do" when they really still do.
Monsters lurking in the hallway looking for
you and me
Let's stick together chasing all our fears
away, and pray for god's help chasing all
our fears away.
Monsters lurking in the hallway: are you?
Let's dance, let's dance the night away
listening to the music, Swaying to the
rhythm, you're not but you want to be
Monsters lurking in the hallway chasing
after me.
Let's stick together chasing all our fears
away
Let's pray to god for help and keep all harm
away
Let's dance the night away swaying to the
music. Monsters in the hallway.
Let's stick together and keep all our fears
away.

My Life
Anonymous

If I'm a man, living my life as a woman, that
is who I choose to be. But if you can't
accept me, then you will never know me.

Journal Returning to Earth
By C. A. Jones

Bring the pass, back, woods,
trees, plants, flowers, birds, some
rats. Never sewers, brown, or white, but
black.
Live in tents, and molds huts
Live together in peace

Mobed
By C. A. Jones

O' ye', thine face, to drive you,
Be thine free of me
Never let war divide us
Live as my lover
Drive as my man
Lay, my man, lay

Journey
By C. A. Jones

Is elevated in our mind
To journey
To the limits
Take a journey
To heaven or hell
Bound for a rail
Elate your proprieties
And contour
Part your self abilities



Recovery
By Dorothy Boling

Recovery is having no relapse. I accept that I have a mental illness and have learned to accept that I need to take medications for life. I think it is important to know your own mind; to know the difference between right and wrong. Besides all that, I think twice about jumping to conclusions; think before you react. It is a good idea to practice coping skills every day such as no fighting, no yelling or cursing, and trying to keep my temper under control. Deep breathing and music techniques help me to stay calm. I don't plan on getting high off drugs or liquor. I have been sober for twelve years! I don't plan on doing drugs or alcohol anymore. I will continue to go to clubhouse, my group home and complete my daily chores. I feel great on the medications I am on. I will not fight or fuss if things don't go right. I will try best to stay out of trouble because I want to stay well.

Mission Statement on life

By Andrew Privott

Life, what is life, life is loaded
 Life is like a bullet getting shot out of a loaded
 gun
 Going so fast time passes by so quick
 So you better make amends cause
 You only live once.
 Love friends family or associates.
 Remember to love yourself.
 Cause if you don't take care of you
 Nobody gonna do it for you.
 Pat yourself on the back.
 So life is Air, Awakenings, love, drugs, nature,
 sex, beliefs. Politics everyday side effects.
 Time changes growing up so fast since you
 were born. Music, clothes, lifestyles,
 electronics, and so on. Beautiful women, lingos,
 passions or clicks. Who's the most chic of them
 all.
 All your dreams or hopes all into one big
 thought.
 Find your niche in life
 Settle the score in life
 Seize your moment time is wasting and running
 out, days are shorter, winters are warmer. Life
 is passing you by.
 Speeding through life, fallen through time
 Everything in a blur, out of place out of mind.
 Remember, take your medication, set your
 motivation,
 Excel-propel. Life is one big tale fact or fiction.
 Just don't forget to pick up the shells
 Of the loaded gun of life, stay in touch of reality.
 Live life according to your life.
 By the time you finish this lives or life of human
 beings and animals have something for changes
 right now
 Right now drastically in the world in the cycle of
 life, follow yourself don't follow others. Lead on
 to life.

PLEASE

By Angela M.W. Garrett

I never knew life
 Until I crossed the line of grace
 I never felt alive
 Until someone slapped my face
 And I never felt wanted
 Until I'd almost wasted away
 I had to win
 Couldn't just pass
 The smartest ass
 At the top of the class
 I was flying colors
 Not for my family tree
 Taught all these lessons
 Not for history
 I begged please
 Please
 Get me off of my knees
 But still pray
 My delusions
 Of streets capsizing
 Spilling over & down the drain
 Shards of glass
 Splinters laughing
 if you could only feel my pain
 the nightmares
 I'm going nowhere
 Can you remember?
 It's all starting again
 Please
 Please
 Please
 Get me out of these days
 Pain is what lovers feel
 I know love can't be real
 I find it hard to reveal
 So please,
 Get up off your knees
 And pray





Pen Pal Program
By Donna Leone

We are working on creating a Pen Pal Program for residents of Eastern State Hospital. If you are interested please sign up on the sheet posted on your ward. Residents will be able to correspond with other patients with mental illness already released from the hospital, such as members of NAMI connect group members, Staff, CSB consumers, Clubhouse members, and Peer support specialist group members. This program is being planned by a released patient by the name of Evelyn Gay. She was a patient at Eastern State Hospital and is now a NAMI member and working to be a Peer Support Specialist.

Questions of the month
Completed by Pamela Davis

1. What brings you inner peace?
To talk about something that is causing me mental anguish. Giving my inner self peace, so I'm able to meditate through music and have a peaceful mind.
2. What's your favorite Holiday memory?
Thanksgiving at my apartment with my boyfriend's family over. His mother, sister, and niece, and nephew. A lot of good food and the last thanksgiving I spent with mikes mother before her death in December. I have wonderful memories of his mother with my beautiful children on Thanksgiving Day at our apartment. Giving thanks with those you love is very special and will always live in your heart. Give thanks to a grateful heart.



Matthew chapter five
Verse 1-4
From brother
Robert Payne

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they shall be comforted
3. Blessed are the meek, for they shall inherit the earth
4. Blessed are the merciful, for they shall obtain mercy

The Sound of Mind

By Jason Mintel

Is this anxiety? Channel your energy into healthy activity. Are you part of the sickness? part of the pollution? You are the solution. The sound of mind is beautiful to hear, it will set you free, Pied Piper, mirror images, calls enchantingly from the pipes drain. DON'T LISTEN! The path of enlightenment fits in the pill box of the mentally insane. The sun rises in the East over the fast food mountain chain, as sad obese kids stuff happy meals, to feed the voices falling in the rain.

It's not over till the Hungry Lady goes out for a cheezeburger. Socrates had Schizophrenia. His thinking was diseased; they worked him in the underground pits of McDonald's beefy playland, chained flipping burgers for them to eat. He held the pickle. He spread the cheese.

You are an Agent of the E.M.P.I.R.E., recruiting more mentally ill to power the Deathstar? You see and hear things you shouldn't. Not to distract all of your energies, but forget all you do and follow the white rabbit to the center, pick the right TV tube to jettison your head into, pick the right hole. Find yourself in a Murder She Wrote mystery. Here it's safe to let go of all you know. You belong with us now in the place we call Nevermore, the fairy house farm. There if you can fathom, exists an imaginary enchanted castle, where you can occupy yourself with a special duty, like guarding the water fountain."

"On your monitored walks through the park, look for Dinosaur DNA beneath every rock, you, super sleuth, never know where it can be found. The State pays us by the pound. Here we have a home ready where you will be completely safe. No last names here, You are Socrates 3, enjoy your stay. We will provide intense 8 hours of therapy daily for free, we have treadmills to walk on, you can walk miles and miles without ever leaving."

"At Nevermore, is a great lake made of Plexiglas, it's safe to cross, can't crack that plastic, and there are woodland creatures, you can throw nuts at them, but relax, they won't bite, they are made of wax. We have a park with life size trees that have Styrofoam bark for safety. You can sit and look out the window during your hours of recovery, but don't watch TV, no don't watch TV. We have beautiful artificial flowers made from edible paste, in case you eat them, Nevermore is a great refurbished residence for you to stay in- forever."

"Inside you will wait and wait and wait, but don't doze off during the day, no you can't escape that way. Want to take a cigarette break, have a smoke? There's plenty of smoke in Hades."

"No you can't get a job but we have donation jars in all the bars, the tax payers pay hard. Their earned dollars pay for your therapy's charity. We are meeting again to discuss what kind of toothbrush you should use, we will report one month from now with the news. You escaped through the crack, drug addict junkies have an excuse, those Mother Goose shoes you wear are tied on very loose."

"Get back in the line, congruent, behind, follow the leader."

The Line is always surging forward, it passes empty beer cans and fast food wrappers. People's unfulfilled wishes, of pennies and dimes lay spent in fountains, Archaeologists in line unearth a bicycle wheel from a time long past, "Those Barbarians!" they say aghast, a sign reads above, "Line Cutters will be Trampled!"

When asked where the line leads a child points up in the sky, an elderly man replies, "What line?" The line travels up hills and down mountains and across gorges and deserts of sand.

Are they interested to know the line is a perfect circle connected complete – there is no beginning and no end

They are waiting for no reason.

Socrates 3 steps out of the line and walks away. People shout at him with horrified disgust, some throw rocks.

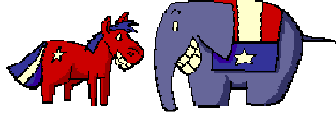
"The man," the reporters say, "lacks patience! He is way out of line!"

He swims in a lake of unfettered grass and patches of flowers all over in every direction. He runs free. He runs through a field meadow of clovers barefoot.

There in the valley below Socrates stops and looks, towering above the horizon in the distance, is a Brontosaurus cooking on a grill.

"Socrates," the Brontosaurus says handing him a plate, "The Strawberry Cheezecake is to die for!"

"Socrates is admired by many philosophers for his willingness to explore an argument wherever it would lead as well as having the moral courage to follow its conclusion." - The Last Days of Socrates.
<http://socrates.clarke.edu/>

2008 Elections - by Jeffrey Moore**Democrat Sen. Barack Obama versus Republican Sen. John McCain**

Are you clueless about the candidates of the 2008 presidential elections? Would you like to know what the popular issues for both sides: democrat and republican are? Well in this article I'm going to explore these topics.

Let's start with the issues! The issues for both sides are categorized in four categories. They are Domestic, International, Economic, and Social. The domestics deal with the United States, international with foreign affairs, economic with the economy; and social with dilemmas of U.S citizens.


Democratic Stand Points
International Issues

War and Peace: The democrats feel they should focus on preventing terrorism by education in the Muslim world, also committing to Israel but support the Palestinian state.

Energy and Oil: The democrats feel that we cannot "drill" our way to energy independence. The way to do this is by avoiding repressive regimes.

Domestic Issues

Jobs: Democratic viewpoints are a stronger America begins with good jobs that support families. We should change tax systems to not encourage job shipments overseas, also the rights of low income workers must be protected!

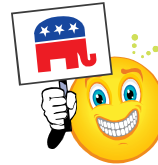
Economic Issues

Budget and Economy: They would like to cut the deficit in half over the next four years and eliminate publicly held debt by 2012, while creating surpluses.

Social Security: Democrats would like to strengthen social security for the baby boomers, meanwhile opposing the raise of retirement age.

Social Issues

Health Care: The plan is to expand health care coverage and cut cost. Democrats would like to add prescription drug benefits to Medicare.


Republican Stand Points
International Issues

War and Peace: The republicans feel that terrorism should be completely destroyed and the space in which terrorist operate should be shrunk.

Energy and Oil: They feel that there should be tax incentives for energy production.

Domestic Issues

Jobs: Republicans feel that people depend on land for livelihood and that small business deserves special treatment from government.

Economic Issues

Budget and Economy: Republicans voted no to prioritizing national debt also they impose some fiscal disciplines to revive the economy.

Social Security: The viewpoint of social security for the republicans is that workers will have the choice to invest their payroll taxes

Social Issues

Health Care: Republicans are for ethical research, and feel that a reformed Medicare will give seniors choice and flexibility.

Forms to register to vote and to request an absentee ballot are at the end of this issue. Forms must be postmarked by October 6 for this election.

Nutrition Facts

By Florence Blankenship5 Almost Perfect Foods

1. Almonds - contain protein and fiber, calcium and vitamin E. Studies have shown that eating them may help keep your bones strong and may even lower your cholesterol.
2. Avocados - they are high in fat but it is mostly the heart-healthy kind. They are a great source of vitamin C, potassium, Folate and Lutin which is beneficial for eye health and may help lower cholesterol levels.
3. Kale - provides more nutritional value per calorie than nearly any other food. It's high in vitamin K which is important for bone health and normal blood clotting. It also has a lot of beta-carotene which protects your sight. It also contains compounds that may reduce your risk of ovarian, breast and other types of cancers.
4. Raspberries - they are loaded with potassium and vitamin C, fiber and protective antioxidants. Research suggests this fruit may play an important role in cancer prevention.
5. Sweet potatoes - one sweet potato has all the beta-carotene you need in a day. Beta-carotene is a nutrient that studies indicate may be cancer protective. Your heart will be happy too, thanks to vitamin C and the potassium content. Be sure and eat the peel which contains fiber and disease fighting nutrients.

(Information gathered from Jackie Newgent).



Shout- Outs
By André Tucker

Farewell and good luck to former Pioneer Press/PRB member/Pioneer EsPresso creator and poet extraordinaire, **Jason Mintel**. We love you and miss you!

Cyndi McLane for your selfless care-taking of the PRB!

Demetrius Green, for typing most of the articles in this issue. We could not have done it without you!

Getting to Know Staff

By Doreen Ali

Jesse Bell - Jesse has been a positive influence for many clients here at ESH. He teaches the Positive Image group and Arts & Crafts presently. You can see he's always been involved with many other things to benefit the residents and Eastern. The title "Arts and Crafts" really doesn't truly represent his talent and the many positive changes he makes for his clients. He's truly a master of creativity and artistic talents with a warm and compassionate interest for the benefit and welfare of others. Jesse uses the vehicle of music to implement creative teaching skills for his clients. Lastly, I need to mention his untiring patience I've seen him use for everyone, including dignity and respect for all.

Jesse's talents go far beyond his call of duty and he is truly and an artist in his own rights. Jesse has been a part of ESH for 27 years.

Carolyn Cooper, CNA - Carolyn is such a character. She always makes us laugh and cheers us up regardless of the client's mood. She is a very hard worker with over 15 years of service at ESH. I feel that many of the things she does go unnoticed which is why I took this time to let you all know about her. Carolyn said that she "enjoys working with her clients" and plans to remain working here until her retirement. When she retires, she plans to travel and enjoy her grandchildren. She projects a positive attitude with her colleagues, administration, etc. and has a good working relationship with all.

C. Fitchett, CNA - Fitchett has worked for 6 years at ESH. She is very cheerful and always helpful with problems. She seems to always know what to say. "I enjoy working here." She gives great guidance and instruction and often goes out of her way to help. She is very organized and we take heed to her constructive comments. The difference she has made is apparent in her building. She saved a patient who was choking using the Heimlich maneuver. Had she not, the situation could have turned for the worse. Being a CAN requires you to not only be trained and knowing how, but to have the quick-thinking ability, skill, and confidence to actually perform it. Ms. Fitchett hopes to retire from ESH and spend time with her family.

GOT COFFEE?**WE DO!!!!!!!!!!!!!!****Get it while it's hot!****8:30 – 9:30 a.m.****Mondays and Fridays****Outside Group Room #3 in the Davis Building****Cost: \$1 per cup**



[HTTP://www.ContractArtist.blogspot.com](http://www.ContractArtist.blogspot.com)

Free : wallpapers, psp wallpapers, screen savers, cool links, desktop Enhancement,
Volunteer web author, graphic Artist, PC Hardware upgrader,
Free computer consulting, graphical user interface customizer for
windows XP

contact me at
ContractArtist@yahoo.com

↑
All Free services ↑

VIA
"windows Blinds"

B2 Results N=25
Resident Satisfaction Survey

- 1) I feel / felt safe in the hospital.
Mostly Yes 6 **Mostly No 4** **I don't know 0**
- 2) The areas I observed during my stay were clean and properly maintained.
Mostly Yes 9 **Mostly No 1** **I don't know 0**
- 3) I feel / felt free to express my opinions or concerns.
Mostly Yes 5 **Mostly No 6** **I don't know 1**
- 4) This hospital stay is helping / has helped me to learn better coping skills
Mostly Yes 10 **Mostly No 2** **I don't know 3**
- 5) I am allowed to tell my treatment team if I disagree with my treatment and they respect my input. That doesn't mean that they have to do everything I say or that everything should be my way but that I feel that my team is listening and letting me participate in my treatment planning.
Mostly Yes 12 **Mostly No 3** **I don't know 2**
- 6) My team doesn't just tell me what I should do upon discharge, I get to tell them what I'd like to do. For example, they ask me how many times a week I would like to attend AA.
Mostly Yes 3 **Mostly No 4** **I don't know 5**
- 7) I am being/was treated with respect and dignity while in the hospital.
Mostly Yes 9 **Mostly No 5** **I don't know 0**
- 8) I feel that I am on the road to my recovery as a result of coming to the hospital.
Mostly Yes 8 **Mostly No 5** **I don't know 0**
- 9) I feel hope. **Mostly Yes 15** **Mostly No 1** **I don't know 0**
- 10) I understand what Recovery is and am working towards my Recovery.
Mostly Yes 13 **Mostly No 0** **I don't know 3**
- 11) I am / was given, and understand, the information I need(ed) about:
 - a) a) my illness. **Mostly Yes 9** **Mostly No 5**
 - b) my medications. **Mostly Yes 10** **Mostly No 4**
 - c) why I take medications. **Mostly Yes 9** **Mostly No 3**
 - d) my diagnosis. **Mostly Yes 10** **Mostly No 4**
 - e) the symptoms of my illness. **Mostly Yes 12** **Mostly No 4**
 - f) why I was hospitalized. **Mostly Yes 11** **Mostly No 4**
 - g) my discharge plan. **Mostly Yes 9** **Mostly No 5**
 - h) groups/activities available. **Mostly Yes 10** **Mostly No 3**